



my Social-Emotional Learning Calendar



Monday

Coping with Separation Anxiety

After spending a lot of time together at home over the past few months, you and your family may be preparing for even more changes to your routine as businesses, places of work, and child care centers begin to re-open. During this period of transition, coping with being apart may be difficult for your child and could lead to feelings of unease, worry, and anxiety. [Try introducing some of these activities to help your child make sense of these new feelings and adjust to change.](#)

Tuesday

Delaying Gratification

It's hard to delay gratification - just ask Cookie Monster! [In this short video, Cookie Monster has to stay calm and resist his impulses.](#) He demonstrates emotional self-regulation and self-control skills by:

- taking deep belly breaths
- looking in a different direction
- focusing on the reason for waiting
- distracting himself, and
- talking about something else.

Wednesday

Catch Your Child Being Good

One of the simplest ways to encourage positive behavior is through "behavior specific praise." Compliment your child the moment you see him or her doing what is expected and describe the specific behavior that occurred so your child can identify the behavior that you are praising. Most adults are quick to point out negative behavior, but a child's behavior is more likely to improve when we follow the ratio of providing 5 positive comments for every 1 negative comment. [Click here for examples.](#)

Thursday

Bumblebee Breathing

Have your child get into a comfortable sitting position and close his or her eyes. Have your child take a deep breath in, then plug their ears. Ask them to breathe out slowly while making a "buzzzzzzzzzz" sound for as long as they can. You can also try different sounds such as "hummmm" or "ohhhhh." Repeat the breathing exercise until your child's body is relaxed. You can try this activity before your child needs to sit to complete a task or after a busy activity to help calm them down.

Adapted from www.yourtherapysource.com

Friday

Are you tired of nagging your child to do the right thing? Skip the lecture! Instead, add these fun games to your parenthood playbook for teaching your child honesty, responsibility, compassion, and patience:

- I Spy (patience)
- Mother May I (respect)
- Sock Sort and Toss (responsibility)
- Balloon Bash (teamwork)
- A Few of My Favorite Things (empathy)

Click here for directions to these games and more ideas in [English](#) or [Spanish](#).

Caregiver Self-Care Tip

COVID-19 Mental Health Wellness Webinar
Wed, July 15, 2020 from 1-2 PM

This free webinar presented by the Berks Counseling Center is for those that typically don't have significant mental health issues; however, may be experiencing stress, anxiety, or depression due to the COVID-19 crisis. Learn more about your mental and emotional health and when to seek professional support for yourself or those you love. If interested in attending this webinar, email Karen Kramer for the Zoom link at KKRAMER@BERKSCC.ORG.